L.I.L. EXPLAINED IN THREE QUOTATIONS

"It is said that the earliest Eastern mystics obtained their first glimpses of spiritual enlightenment at the moment of orgasm. Indeed, many people know that orgasm can temporarily transport them to a state of rapture. For a few seconds the mind becomes devoid of thought, the egocentric view of life disappears, and we step outside of time into the timeless 'now' of bliss. So sex, to the early mystics, was the very source of the religious experience, as it can still be today, given the right attitude and conditions." — Margo Anand

"Creation was for the purpose of lovemaking. As long as there was only one-ness, there was no delight. But when division occurred and afterwards they [man and woman] were connected with one another, this brought about great delight." — Reb Hayim Haikel

"The secret of sexual energy, therefore, is not only that it is capable of begetting new generations, but that it has a second function of much greater importance for man: to lead his consciousness step by step up the great Jacob's ladder of consciousness to God." — Elisabeth Haich